



# CITY OF COLLEGE PARK SENIORS PROGRAM NEWSLETTER

FOR CITY OF COLLEGE PARK SENIORS

## *2020 -The Year in Review*

COVID-19 caused many changes within the City Seniors Program:

- ❁ Contacts shifted from in person to primarily telephone and virtual. The office at Spellman House was appropriate for staff to provide limited door service, from a physical distance, allowing all College Park Seniors the opportunity to drop off and receive needed paperwork or documents when online and other virtual means were not conducive.
- ❁ Face masks and hand sanitizer were shared with older adults who requested these supplies, especially older adults requesting City transportation.
- ❁ Regular telephone contact was maintained with older City adults who were identified as isolated or vulnerable to check on their safety and provide caring outreach.
- ❁ The monthly newsletter was produced and mailed to homes on our mailing list; uploaded to the Youth, Family and Senior Services section on the City website monthly; and placed in the common area for Spellman House and Attick Tower residents.
- ❁ Transportation was provided for older adults to medical appointments, pharmacies, banks, grocery shopping, presidential election, City election and food banks.
- ❁ Activity Packets were hand delivered twice monthly to private homes of City seniors following the Governor's order to shut down in-person social activities. The monthly packets varied and included: paint & art instruction supplies and materials; do-it-yourself craft instructions and materials; adult coloring materials; jigsaw puzzles; brain activity exercises; encouraging quotes; snacks and water/juice. Packet items were selected for wellness promotion.
- ❁ Numerous referral and information resource calls were received from City residents and occasionally residents of surrounding communities. Most calls were for Medicaid, food supplement programming, and financial assistance. Callers were provided information, referred to the Dept. of Aging or other appropriate resources.
- ❁ Case management, which includes comprehensive assessment, individually tailored services and monitoring, was provided for seniors needing this level of service.

### IMPORTANT PHONE NUMBERS

Seniors Program 301-345-8100  
Medicare 1-800-633-4227  
Social Security 1-800-772-1213

### City of College Park Seniors Program Staff

Angie Burns Seniors Program Manager  
Fatima Knight Seniors Advocate  
Deidre Massey Administrative Assistant  
Donna Jones Seniors Social Coordinator

Bus Operators: Marina Guzman  
James Eubanks  
Joseph Shearin

## In The Know . . .

### TAX ASSISTANCE

AARP Foundation Tax-Aide offers free assistance to qualifying individuals.

Call Toll Free **888-OUR-AARP**

Email: [taxaide@aarp.org](mailto:taxaide@aarp.org)

### FRAUD WATCH

- Report fraud to The Federal Trade Commission at [ReportFraud.ftc.gov](http://ReportFraud.ftc.gov) or **1-877-438-4338**
- AARP has a helpline for questions related to scams. Contact them at **877-908-3360** or [aarp.org/fraudwatchnetwork](http://aarp.org/fraudwatchnetwork).
- Report identity theft to local police online at [identitytheft.gov](http://identitytheft.gov)

### Chair Pilates

Pilates is a low impact exercise that strengthens muscles and improves flexibility and balance. Chair Pilates is a modified version that avoids lying down, allows comfort and provides safety for frail or physically challenged individuals. As with all exercise, do what you can. Exercise should help – not hurt!

Watch a video of gentle chair plates on

<https://youtu.be/LKQzfHYaHio>

Flexibility and strength improves over time with Pilates and is great in fall prevention.

(Fall Prevention article coming in 2021)!



*College Park resident, Wilma Bell was delighted to show Senior Program staff the project she completed from the Activity Packet received in November.*

### Book Corner

*"Age Later"*

by Nir Barzilai and Toni Robino.

A book on health, wellness, aging and longevity.

*"My Own Words – Ruth Bader Ginsburg"*

by Ruth Bader Ginsburg, Mary Hartnett and Wendy W. Williams.

### Brain Booster

**How Many Words Can You List?**

1. With the word "snow"
2. With the word "ice"

**Fill in the letters for these winter words**

- S l \_ \_ i \_ \_ h
- \_ \_ r o z \_ \_ \_
- E \_ \_ \_ m \_ \_ \_ f s
- F i \_ \_ \_ l a \_ e

**To contact Senior Program staff please call 301-345-8100.**

\*\* If you would like to receive a monthly email version of the College Park Seniors Newsletter, sign up by visiting: [www.collegeparkmd.gov/cpconnect](http://www.collegeparkmd.gov/cpconnect)

The newsletter is also available for viewing online in the Social Activities Section on the city website: <https://www.collegeparkmd.gov/seniorsprogram>